

ANXIETY DISORDERS ASSOCIATION OF VICTORIA



Presents

Parenting Support Strategies: Managing Child and Adolescent Anxiety and Depression

This lecture will provide you with the knowledge and the confidence to strengthen and harmonise your family, including;

- How anxiety and depression affects the family;
- How to recognise anxious and depressive symptoms in your child including physical, behavioural and cognitive symptoms;
- How to manage symptoms of anxiety and depression and how NOT to manage these symptoms.

This event will open with a short keynote address by **Jenny Dahlstrom**, a local parent who has a child with anxiety. This will be followed by a lecture by **Rachel Wickham**, a Provisional Psychologist who has been counselling for 3 years. Rachel specialises in therapies and interventions for children and adolescents, mostly in the areas of anxiety and depression. Her experiences include working closely with schools, General Practitioners and the Department of Human Services.

Through both professional and personal experiences, Rachel has recognised a need for parents and teachers to deepen their understanding of anxiety and depression in children.

Rachel is able to provide parents and teachers with the tools to identify if your child is suffering from depression or anxiety and provide practical interventions to help manage the symptoms your child is experiencing.

NOTE: After this lecture the presenters will open a facilitated discussion, with the focus of providing support and information. Our long term goal is to grow these discussions into an ongoing support group.

Date: Tuesday, 27th October 2009
Venue: Hawthorn Library Meeting Room,
584 Glenferrie Road, Hawthorn
Time: 7.00 pm. To 9.00 p.m.
Cost: \$10.00
Bookings can be made by calling ADAVIC (03) 9853 8089
Or email us at adavic@adavic.org.au



**BOOKINGS ESSENTIAL FOR THIS LECTURE!
MONIES NON REFUNDABLE**



LECTURE
Anxiety Disorders Association of Victoria, Inc.
 ABN 70 607 186 815
 Ph: (03) 9853 8089



▶ I would like to attend the following lecture:

- A. "Parenting Support Strategies: Managing Child and Adolescent Anxiety and Depression" – Rachel Wickham and Jenny Dahlstrom (Tuesday 27th October 2009)
Cost: \$10.00

Please Complete the Following Details

No. of people attending: _____

Name / s: _____

Address: _____

Phone: _____

Email: _____

Mailing List: Yes / No

How did you hear about the event?

Credit Card Details

Name on Card: _____

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Amount: _____ [NOTE: All credit card payments attract a **1.95% surcharge fee** and this is added at the time of transaction.]

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- Cheques to be made out to *Anxiety Disorders Association of Victoria*.
- Please return this Payment Form via email to adavic@adavic.org.au
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